# Low FODMAP Diet Checklist

**Dairy/Dairy Alternatives**
- Butter
- Cheeses (hard or aged): Brie, Camembert, Cheddar, Colby, feta, goat cheese, Gruyere, Harvarti, mozzarella, Parmesan, pecorino, Swiss
- Coconut yogurt
- LF cottage or cream cheese
- LF cow’s milk
- LF ice cream
- LF sour cream
- Non-dairy milk: almond, coconut milk (canned), hemp, rice milk
- Whipped cream
- Yogurt (LF or coconut)

**Nuts/Oils/Seeds**
- Limit to one handful nuts & seeds
- Almonds, Brazil nuts, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, walnuts, peanut butter (2 TB), almond butter (1 TB)
- Oils: all (olive, avocado, etc. + garlic and shallot infused oils)
- Caraway, chia, flax, hemp, poppy, pumpkin, sesame, sunflower

**Legumes**
- Chickpeas (canned, ¼ cup drained & rinsed)
- Edamame (2 handfuls)
- Lentils (canned, ½ cup drained & rinsed)
- Tempeh (plain)
- Tofu (firm)

**Fruits**
- Avocado (3 slices)
- Banana (small firm)
- Banana chips (dried)
- Blueberries (handful)
- Cantaloupe
- Clementine
- Coconut (fresh + dried)
- Cranberries (1 TB)
- Dragon fruit
- Grapes (red, green, black)
- Guava (ripe)
- Honeydew
- Kiwifruit (gold + green)
- Lemon
- Lime
- Orange
- Papaya
- Passion fruit
- Pineapple
- Plantain
- Pomegranate (handful)
- Raisins (1 TB)
- Raspberries
- Rhubarb
- Star fruit
- Strawberries
- Tangelo

**Grains**
- Buckwheat
- Corn flour
- Corn tortillas
- GF bread (w/o FODMAP ingredients)
- GF pasta (w/o FODMAP ingredients)
- Millet
- Oats
- Polenta
- Rice
- Rice cakes
- Rice flakes
- Quinoa
- Quinoa flakes
- Slow leavened sourdough
- Wheat or spelt breads
- Soba noodles
- Sorghum
- Teff flour

**Protein**
- Beef
- Chicken
- Eggs
- Fish
- Lamb
- Pork
- Shellfish
- Tempeh (w/o FODMAP ingredients)
- Tofu (firm)
- Tuna (canned)

**Beverages**
- Alcohol, coffee, juice, tea
  - Alcohol: most white and red wine, beer, gin, vodka
  - Juice: cranberry (without HFCS)
  - Tea: black, green, peppermint, white

**Baking Products & Additives**
- Cocoa powder
- Condiments (mustard, vinegar, soy sauce, ketchup -1 TB of each)
- Dark chocolate
- GF flour blends (made with suitable ingredients)
- Maple syrup (pure)
- Rice syrup
- Spices (all-spice, cinnamon, coriander, cumin)
- Starch (corn, potato, tapioca)
- Stevia
- Sugar (brown, confectioners, table, palm, raw, white)
- Vanilla and almond extract

**Disclaimers**
- The information provided is not intended to provide medical advice or to diagnose or treat medical diseases. It is strictly for informational purpose.
- Before undertaking any course of treatment or diet change seek the advice of your physician or health care provider. This handout does not replace their medical advice.
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